Dear Friend of the Food Bank,

The world is changing so rapidly that it is often hard to know where to find reliable sources of support. The Food Bank strives to be nimble enough to adapt to changing circumstances, but also stalwart, a place that our community can count on. This annual report will offer you a glimpse of the help you have provided to eastern Oklahoma this past year. In its pages, I hope you find assurance that the support you gave was well-invested, and paid valuable dividends to those we serve together.

Last year, the Food Bank increased the amount of food distributed by 14%, to 28.2 million pounds of food. When I write the number, it sounds so large, but I know that we did not fully meet the need. Hunger remains a significant issue for Oklahomans. Being a child doesn’t save you from it, having a job doesn’t insure you against it, nor does retiring after a lifetime of work. Food insecurity is not an accurate reflection of how hard one works.

The Food Bank and its partners deal with issues of hunger 365 days each year, but sometimes something happens which calls us to do things a bit differently, to meet an emerging need. The school closures last spring was such an occurrence. When talk of a walkout began, teachers called worried about their students’ access to food if school was not in session.

As a result, the Food Bank participated in coordinated efforts with school districts and PTA groups, Tulsa Area United Way, churches and recreation centers. We provided extra back packs of food, sent our food truck out for extra stops and held pop-up markets at schools and other locations throughout the area. Our collective children didn’t go hungry because we leveraged every available partnership. You engaged too. Your quick reaction allowed us to respond in that special circumstance. Your consistent help also allows us to assist to the less extraordinary, but still devastating hunger faced by so many each day. We are grateful.

Thank you for being both nimble and stalwart in your support of the Food Bank and the hungry in our midst. People count on us, and we count on you. Together, we are neighbors feeding neighbors and the contents of these pages lay out many of the ways we are working to unravel hunger.

On behalf of the hungry,

Eileen Ryan Bradshaw

EILEEN RYAN BRADSHAW
Executive Director

ROCHELLE W. DOWDELL
Director of Philanthropy & Communications

JOHN MCCARTHY
Director of Community Initiatives

DAVID PARRACK
Director of Finance & Accounting

SUSAN SCHULTE
Director of Human Resources

RYAN WALKER
Chief Operating Officer

Shelley Allen
Lex Anderson
Chris Cloyd
Randy Cowling
Donna McIntyre Dutton
Rich Eken
Mercedes Mfilberry Fowler
Jenna Garland
Jason Glass
Vanessa Hall-Harper
Cynthia Hulburt
Jeanne Jacobs
Kurt Kazmierski
Scott Lewis
Anthony Phillips
Colleen Almeida Smith
Carol Tandy

Brennan Grey grew up in the Tulsa area and now studies English and Creative Writing at TU. He worked last summer in the Summer Feeding Program because he understands that for children, summer isn’t fun when you’re hungry. Brennan was engaged from day one, forming bonds with the children who visited the Mobile Eatery, serving food with the other staff and volunteers, and keeping the kids entertained and engaged.

“At the beginning, the hardest part of our job was realizing we could not solve every problem we saw. But on the last day, I learned the actual hardest part; I had to say goodbye. I feel like pieces of me are still drawn in sidewalk chalk next to our picnic tables. Now, I’m hopeful these kids know there are other people out there who care about them, regardless of race, class, or age. To them I’ll always be the guy hanging out the window.”

Brennen formed a close bond with one 12-year-old, who witnessed a shooting one evening. Brennen contemplated the incident, “Just hearing gunshots within your community is not something I would wish on my little brother, or any child for that matter. Sadly, this was not the last time he heard gunfire that summer.”

One day when asking trivia questions to a group of kids Brennen noted, “Whenever they got an answer right they would high five, hug, and get fresh fruit for knowing facts. At the same time, they were having fun, learning and receiving nutritious food that would otherwise be unavailable for them.”

Reflecting on the summer Brennen said, "Kids get outside, made friends, ate healthy food, and showed the world that their community is real. The summer program brings people together to eat as a family, and as far as I am concerned there is no higher goal."

ENTHUSIASTIC COLLEGE STUDENTS CREATE MEANINGFUL SUMMER EXPERIENCES WHILE FEEDING HUNGRY KIDS.

1 in 4 Oklahoma children go to bed hungry

830,000 meals provided to children through Food for Kids programs in FY18
Oklahoma elders worked hard to build this state, raising families and developing communities. Now with their earning years behind them, many need our help to make sure they have their basic needs met. Facing mobility and health obstacles combined with low-wage fixed incomes, creates vulnerability issues for many seniors. Projections indicate people aged 65 and over in Oklahoma will rise 37 percent over the next 15 years. With your help the Food Bank will be there to provide needed food.

Ervin and Pamela are part of a growing trend of grandparents who are the primary custodians of their grandchildren. Although their daughter and son-in-law are now working hard to get back on their feet, they lost custody of their four children, and Ervin and Pamela stepped forward to provide the needed care.

Ervin earned his living working drywall construction. Pamela is a former teacher, first starting in Tulsa, then working in Philadelphia for 30 years. Both are retired and on social security. Already struggling on just their social security income, taking custody of the children raised their expenses substantially. They currently receive food and other assistance through the South Tulsa Community House, a Partner Agency of the Food Bank. “As a former school teacher I helped families, but you don’t consider it could come back to you.” Pamela knows the food and services they receive at STCH helps them make it through tough times. “By God’s mercy we’re making it. The help they have here is tremendous.”

Although taking care of the children has been difficult, it has its lighter and amazing moments too. Ervin enjoys the playtime when the children jump on him after a day of school, but it takes his muscles more time to recover. As a result of injuries Pamela sustained after slipping on ice, she often has a great deal of pain. One day, to her delight, the four-year old approached her with a back massager to help with the pain. The next day he came up to her and said, “Mimaw, I got your back.”

The Senior Servings program identifies and assists senior citizens who are at the highest risk of hunger. The program provides nutritious food to seniors who are 60 years and older and at-risk of hunger. In partnership with low-income senior housing complexes, senior centers and congregate meal sites, the program provides a level of independence and dignity for clients. The Food Bank also serves Oklahoma seniors through our network Partner Agencies, such as South Tulsa Community House and many others.

As Oklahoma’s senior population grays, many grandparents now care for grandchildren. 1 in 10 Oklahoma seniors is food insecure. 389,853 meals were provided through Senior Servings programs.
Food Bank partnerships and initiatives provide hunger relief to veterans in need. One partner is a Veterans Colonization Project near Wilburton in Latimer County. The setting for the Veterans Colony is in the beautiful, but remote, Winding Stair Mountains with plenty of pine trees, water and wildlife. Originally established to provide home-sites for Oklahoma’s Spanish-American War veterans, current active duty or honorably discharged veterans can participate.

The Food Bank provides needed food to families in the Veterans Colony through Mobile Pantries. On a regular basis, the Food Bank brings a truckload of fresh produce, bakery items, and shelf-stable food for distribution. Volunteers from the Colony, as well as nearby high school students, volunteer their time to sort the food into boxes and bags so families can drive through and pick up their provisions.

Ray and his wife are both veterans who live in the Colony. Ray served in the army, his wife is now deployed in the Army National Guard. Like many of the veterans living in the Colony, Ray is unable to work and relies on disability income. “It gets pretty thin from check to check. The food is a tremendous help when you need a little extra to get you through.”

Ray shared the gratitude that many of the veterans expressed, “I thank God for the giving people who help when they can. I hope that they know that their donations, no matter how small, help communities, they really do.”

F18% of client households the food bank serves include a military veteran

153,759 meals provided through veterans initiative programs in FY18

For those residents with mobility issues or low-incomes, transportation is an obstacle to obtaining nutritious food. Ray is grateful for the convenience of the Mobile Pantry, “We live out here in the middle of nowhere, it’s beautiful, but to get from one place to another it takes a lot of our money for gas.”

The remote location is a benefit for many residents, but there are also great distances to travel for basic resources.
Volunteers allow programs to thrive. The Food Bank’s Cooking Matters is a series of hands-on classes in collaboration with community partners and taught by volunteer nutritionists and chefs. The course teaches nutrition information, healthy food preparation, and shopping on a limited budget. It empowers low-income families to eat healthier, shop smarter, try new foods, and learn how to make meals they might not have tried on their own.

Sandy Alexander is a hero, just like her husband Ron of 50 years, a decorated officer and helicopter pilot during the Vietnam War. As a result of her experiences with Ron, Sandy emerged as a perfect candidate to teach Cooking Matters. During his tour in Vietnam, Ron was exposed to Agent Orange. When he was 43 the first of his heart problems, “the widow maker” appeared. Doctors gave him ten years to survive but it would depend largely on his diet. Due to the changes Sandy made to his diet, the result of her education and experience as vocational home economics teacher, Ron was able to survive beyond the doctors predictions, another 25 years.

The first Cooking Matters class Sandy taught was for a VA group. That was two years ago and she is still going strong. “I like working with the veterans.” She feels it helps maintain her connection with Ron and she can relate to them. “I want the students to be very comfortable with me so they will incorporate what I teach. I just want to help.”

One of the students in Sandy’s Coffee Bunker class mentioned how much he loves high-fat food items, especially those with ham hocks. After the series of classes he indicated he was going to cut back on the amount of fat in his diet. These are exactly the types of outcomes that the volunteers and professionals involved with Cooking Matters want to see. When people make healthy food choices, even on a limited budget, it can make dramatic health improvements.

The classes Sandy teaches at high schools are also extremely beneficial, especially for students who receive food from school pantries. They learn healthy cooking using the food they receive and other food they can purchase on a limited budget. Of all the Food Bank’s programs Cooking Matters can serve people for a lifetime.

10,000 VOLUNTEERS

68,000 VOLUNTEER HOURS

$1.5 MILLION SAVED IN LABOR COSTS

THE COOKING MATTERS PROGRAM BENEFITS PEOPLE FOR A LIFETIME. VOLUNTEERS BRING IT TO LIFE.
Financial statement & expenses

- Donated Food & Product: $40,289,205
- Fundraising: $6,047,153
- USDA Donated Product: $3,165,592
- Reimbursement for Purchased Food: $1,143,739
- Released from Restriction: $826,662
- Shared Expense Revenue: $427,718
- Other Income: $427,718
- Investment Income: $222,991

Programs & Distribution: $50,647,227
Admin & Fundraising: $1,742,350

For every dollar spent on fundraising, the food bank brings in $43.

96.6% of revenue goes directly to hunger relief.

Over the last five years, the Food Bank has been able to increase food distribution by 71% while cash expenses increased by only 28%.
Clearly I am a fan of food, and feeding people. Partnering with the Food Bank only makes sense to me, it allows me the opportunity to give to our customers through the Restaurant Week menu and give back to our community in the form of financial support for the Food Bank. They told me that my impact from Restaurant Week contributions was 5,881 meals for community members who may not have a meal otherwise. This is what it’s all about.

-Chef James Shrader
Palace Cafe
Prairie Fire Pie

PRODUCE PROJECT
Obesity and other poor health outcomes affect low-income, food insecure people more frequently due to limited resources for fresh food. High levels of stress and cycles of food deprivation followed by overeating make the problems worse. To help offset these issues 41 percent, or 11.6 million pounds of food distribution last year was fresh, nutritious produce.

GROWTAINERS
Hydroponic farms in converted shipping containers provide fresh produce year-round. The Food Bank can grow healthy leafy greens from seed in about 30 days, providing 8,274 heads of fresh greens in 2018. Lettuce often harvested in the morning, arrives at a Free Family Farmers’ Market in the afternoon, and is on someone’s table that evening.

COLLEGE PANTRIES
Food insecurity is a serious impediment to success for many college students and is shown to greatly impact dropout rates. The Food Bank partners with Tulsa Community College and Tulsa Technology Center and last year provided 4,818 meals to students in this growing program.

MOBILE EATERY
The Food Bank was the first in the country to utilize mobile food trucks to provide direct food service to clients in need. Last year the two Mobile Eateries provided about 33,000 nutritious meals through 549 distributions feeding veterans, seniors, adults and children in low-income neighborhoods.

MOBILE PANTRIES
Many rural communities lack retail food outlets or Food Bank Partner Agencies which leave many residents without access to healthy food. Last year, farmers’ market style food distributions, or mobile pantries provided over 1.8 million pounds of food in 21 counties of eastern Oklahoma.

FOOD DRIVES
National Food Drives such as Stamp Out Hunger, along with nearly 640 local small and large drives from individuals, businesses, faith-based groups and children came into the Food Bank. The drives provided over 505,000 pounds of food and $582,000 for a total impact of 2.4 million meals.

“Clearly I am a fan of food, and feeding people. Partnering with the Food Bank only makes sense to me, it allows me the opportunity to give to our customers through the Restaurant Week menu and give back to our community in the form of financial support for the Food Bank. They told me that my impact from Restaurant Week contributions was 5,881 meals for community members who may not have a meal otherwise. This is what it’s all about.”
-Chef James Shrader
Palace Cafe
Prairie Fire Pie
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*Note: This list is not exhaustive and may not include all organizations in each location.*
Thank you to our Breadwinners for their commitment and ongoing help to those in our community who struggle daily with putting food on the table. $5,000-$25,000 YEARLY GIFT

David and Linda Kapp
Mike and Karen Orman
Matthew Bux
Rick and Tease Thomas
Wireless Technologies, Inc.

$1,000-$4,999 YEARLY GIFT

Joohn Abohn
Allied Insurance Associates Agency, Inc.
John and Betty Blakkester
Stephen and Eileen Brabow
Susa L. Braselton
Francoe Brown
Emmie Bucalla
Ray Chambliss
Jeffrey H. Coutant
Kevin and Dell Coutant
Addison and Sarah Cruz
William and Melba Dagu
Chris and Laura Darden
Edward Decker and Terese Hall
Jerome and Samantha Dunn
Alfred Dupas
David and Jane Eakin
Harry and Mary Elsberry
Flyon Law Firm
Jeremy and Brianda Huddersfield
Martin and Karen Gnust
Kent W. Hackett
Jimmy and Rhonda Hoder
Karen and Julia Hacket
Linda Hogan
Steven Hoppens and Linda Bell
Keela and Humphrey Swain
Hansimann Jakhar

Jane Jenkins
Raymond and Brenda Jennings
Eric and Aramis Johnson
Dona and Sandra Johnson
Shannon Maureen Kelly
Christopher Kerr
Karen and Tom Laden
James and Wendy Law
John Lawrance
Leaol, LLC
Charis Lowallen
Dylan Loggans
Eric and Cynthia Lundi
George Madewell
Max and Laura Mantooth
Nancy Mattner
Richard Maua
Mike and Beth McAndrews
Justin McCarville
Clyde Moll
Montague & Associates, P.C.
Sandro Moor
Joyce Monahan
John and Diane Muselmann
Robert Raskin
Matt and Sara Rogers
Greg and Susan Schuette
John and Sarah-Ann Schumman
Jack and Toni Scott
Garry and Cathy Smythe
Jim and Carolyn Snively
Charles Stethal
Stephanie Stump
Donald and Barbara Sweeney
Neal Talley
P.G. Vannhuismanwer and Annie
Vengopal
Philip and Ann Thompson
Jerry and Mary Toops
Michael Voight
Chuck and Julie Watson
Gary and Mary Wildman
Sum and Anne Williams
Keith and Kathy Wilson
David and Crystal Zerger

$500-$999 YEARLY GIFT

Paul and Donna Ahern
Mehammad and Rajinanna Amini
Judy Avellir
Joseph and James Back
Christine Baker
Ryan and Sara Barry
Erick Red
Larry and Terry Bitting
Patricia Bohahman
John and Molly Campbell
Leslie Ching
Chris Cloyd
Jordan Cooke
Timothy and Marsha Cowan
Hazel Cowles
Don and Rhonda Crockett
Cynda Cummins
Timothy Cpy
Angela Davidious
Shawn and Krisy Davies
Julie Domey Clifford
Janet Drummond
Janice Ferris
Theresa Fox
Richard Green
Larry and Patricia Gregory
Dorothy and Samuel Gembrough
Ryan and Patricka Harrington
Robert Raskine
Edward and Patricia Higgins
Steve and Linda Horixman
Gary Hurst
Harold and Patricia Hunt
Doug and Pamela Ahsbton
Karl and Christoper Jansen
Craig and Patiti Johnson
Jerry and Jean Kelly
Alexander Kurn and Rachel Thompson

James and Elizabeth King
Mark and Sara Lewandowski
Robert Lieuer
Caroline Mason
Glen and Shari Matthes
Mark and Patti McKinney
Clem and Arlynda Moody
Ott and Nancy Mullman
John O’Neal
Carolyn S. Phillips
Darrel and Ethel Pool
Jacob and Abby Reid
Jana Ryan
Tom and Annaruth Schick
Suzanne Stobe
Nchoe Slavenshih
Jason Smith
Curtis Sparks
Eli Bebeo
Elaine Stork
Jordan Taylor
Janet Thomas
Austin and Pamela Tommey
Thomas and Jennifer Towler
Brent and Mary Ferebck
Dean and Nancy Ferguson
David Ferraro
Nicole Feen
Janet Freeman
Shawn and Christoper Grub
Eliane Green
Gayle Gregory
Nicole McRath
Vanessa Hall Harper
Frederick Harrman
Jason and Alric Heartbo
Anita Heckman
Adae Heimam
Susan Hilbit
Elaine Highe
Edom Home
Deborah Sparks
Debra and Joseph Huckle
Christina and Connie Hulgarden
Jeffrey and Ginger Jacobs

Lee Ann Cole
Philip and Amberley Cooper
John Cornett
James and Alice Costas
Richard and Jean Couche
Christopher Kelly
Vera Kinchard
Catherine and Barbara Kirk
John Libby and Paula Koehn
Kathleen and Bob Krant
James and Elle Leach
Angelina Leuxel
Jana Lessher
Catherine and Joseph Matheny
Dane Mathews
Lee Ann and Rolle Marress
Ida Mallet
Joshua and Nichole McCann
Tammy and John McCarty
George McGeusian
Patty Mcclar
Dela Mcruff
Michael McKenzie
Gary Betow and Kathleen McKweon
Peggy Meyrer
Patricia Millard
Rhona Freiser
Valerie Fauber
Douglas and Carol Farguson
Ronie and Stanley Geber
Hannah Goble
Deborah Goodson
Christina and Lauren Graber
Elaine Green
Gayle Gregorich
Nicholas Harburg
Vanessa Hall Harper
Ferderick Hartman
Jason and Alric Heartbo
Anita Heckman
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Jeffrey and Ginger Jacobs

Larry and Ann Johnson
Teresa and Robert Johnson
Lisa and Justin Jones
Edward and Rae Kaplan
Kathleen Kelly
Christopher Kelly
Vera Kinchard
Catherine and Barbara Kirk
John Libby and Paula Koehn
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James and Elle Leach
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Deborah Sparks
Debra and Joseph Huckle
Christina and Connie Hulgarden
Jeffrey and Ginger Jacobs

BREADWINNERS

Mariana Bertherr
Barbara Widler
Larry Wilcox
Pamela Wilson
Mary and Margaret
Wolmersbuser
Coulter Woodward
Daniel and Donna Wright
Tricia Zone
The Southern Branch of the Food Bank in McAlester serves the eight southern counties of Oklahoma. Proximity to the McAlester branch allows Partner Agencies to lower time and travel costs enabling them to reallocate resources to those struggling with hunger and distribute more perishable, nutritious items.

In fiscal year 2018 the Southern Branch distributed 2.6 million pounds of food including 591,000 pounds of fresh produce to 93 Partner Agencies. In addition, the Southern Branch hosts volunteers, food drives, and events such as Scare Away Hunger and Empty Bowls South.
**MOBILE PANTRY PARTNERS**

Many rural communities may not have access to either full-service grocery stores or Food Bank Partner Agencies. Mobile Pantries bring fresh produce, bakery items and non-perishable food items to families in need. The following Mobile Pantry Partners volunteer to ensure successful farmers market-style food distribution in their communities.

**Adair County**
- Peavine Schools

**Cherokee County**
- Pegg's Community Church

**Tulsa County**
- Chowchow Youth Advisory Board (Boswell)
- Choctaw Youth Advisory Board (Bixby)

**Clay County**
- Newville Foursquare Church

**Latimer County**
- New Life Church

**LeFlore County**
- St. Catherine's Catholic Church

**Mayes County**
- First Baptist Church

**McClain County**
- St. Frances' Church

**McIntosh County**
- St. Paul's Catholic Church

**Oklahoma County**
- Oklahoma City Food Bank

**Ottawa County**
- Osage County Nutrition

**Osage County**
- New Hope Fellowship 5th and Mulberry

**Osage County Nutrition**
- Osage County Nutrition

**Oklahoma City Food Bank**
- Oklahoma City Food Bank

**Pittsburg County**
- First United Methodist Church

**Ponca County**
- Arkansas Valley Baptist

**Pottawatomie County**
- First Baptist Church

**Tulsa County**
- The Table

**Wagoner County**
- Feed the Vets (Honey Creek)
WHAT WE DID TOGETHER IN FY18

28.2 MILLION POUNDS OF FOOD DISTRIBUTED

1.8 MILLION MEALS TO RURAL MOBILE PANTRIES

830,000 MEALS TO CHILDREN IN NEED

389,853 MEALS TO HUNGRY SENIORS

TULSA
918-585-2800
1304 N. Kenosha Avenue
Tulsa, OK, 74106

McALESTER
918-429-7755
2119 N. Main Street
McAlester, OK, 74501